

# metro

NEW YORK CITY NO. 1 FREE DAILY

Monday, March 12, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

## 2018 NCAA BRACKET

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Even if they aren't hiring, you can land your dream job without a resume. 22

How to cope with 'springing forward.' 6



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# BRACKET BOYS

The 2018 March Madness field is set and a national championship is up for grabs. We break down the brackets. 24



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## WELCOME TO METRO.US

MORGAN ROUSSEAU, MANAGING EDITOR

It's shaping up to be quite a week. To start off, March Madness — enough said. And I'm sure you're all adapting (slowly) to the shift in daylight thanks to "springing forward" over the weekend. Luckily, we have tips on how to cope with that, inside. Looking ahead, on Wednesday, thousands of students across the nation are expected to walk out of their classrooms to advocate for stricter gun control. On Saturday, everyone will be a little bit Irish thanks to St. Patrick's Day. We'll have the info you need to celebrate in your city. Visit us at metro.us for everything you need in the world of news, lifestyle, entertainment, sports and more.



### 5 THINGS YOU NEED TO KNOW

## AT LEAST TWO DEAD IN EAST RIVER HELICOPTER CRASH

**3** A helicopter carrying six people crashed in the East River on Sunday, killing at least two, and emergency divers were in the water around the partially submerged aircraft, according to officials. Eric Phillips, a spokesman for Mayor Bill de Blasio, said in a post on Twitter there was "at least one survivor, at least two fatalities. Divers are still in the water." Police said three people were hospitalized. The FAA said the helicopter went down near the northern end of Roosevelt Island at about 7 p.m. and was reported to be upside-down in the water. The National Transportation Safety Board said its investigative team would arrive on Monday. A Reuters photographer witnessed three people recovered by divers being wheeled on stretchers onto a midtown pier shortly before 9 p.m. Emergency personnel attempted to resuscitate them, but their condition was not clear. Officials would not provide further details.

## TRUMP FOE SEN. WARREN WEIGHS IN ON TARIFFS

**4** Democratic Sen. Elizabeth Warren, who has traded barbs with President Donald Trump, said on Sunday she's "not afraid of tariffs," but stopped short of endorsing his decision to launch steep tariffs on steel and aluminum. In several television interviews, Warren said she saw a role for tariffs as part of trade policy. "I am not afraid of tariffs," she said on NBC's "Meet the Press" program. "We need

a comprehensive rethinking of our trade policy." Warren said she was glad Trump agreed to exempt Canada and Mexico from the tariffs, but urged policymakers to think beyond a handful of industries when it comes to overhauling policy. "I think that our trade deals have been negotiated for a very, very long time now to benefit large, multinational corporations, not to benefit the American worker," she said.

## WHITE HOUSE NARROWS DOWN APPROACH ON GUNS

**5** On Sunday night, senior White House officials told reporters that President Donald Trump will support a tailored set of fixes to gun laws, stepping back from some of the more sweeping changes he had considered after the country's latest mass school shooting. Opting for a plan described as "pragmatic," Trump backs legislation proposed in Congress aimed at providing more data

for the background check system, a database of people who are not legally allowed to buy guns, officials said. More contentious proposals, such as raising the minimum age for buying guns to 21, or requiring background checks for guns bought at gun shows or on the internet, will be studied by a commission to be led by Education Secretary Betsy DeVos, the officials said.

## US OFFICIALS DEFEND TRUMP-KIM MEETING

**1** U.S. officials on Sunday defended President Donald Trump's decision to meet with North Korean leader Kim Jong Un, saying the move was not just for show and not a gift to Pyongyang, as one senator insisted. "President Trump isn't doing this for theater. He's going to solve a problem," Central Intelligence Agency Director Mike Pompeo said on the "Fox News Sunday" program. The United

States expects North Korea to halt all nuclear and missile testing in advance of any meeting, according to Pompeo and Treasury Secretary Steve Mnuchin, who also spoke on a Sunday morning TV program. The goal of the meeting remains denuclearization of the Korean peninsula, something Kim has agreed to discuss, they noted. Pompeo said U.S. military exercises in the region will continue in the lead-up to the talks.

## NORTHEAST BRACES FOR ANOTHER WINTER STORM

**2** The third nor'easter within the past two weeks is forecasted to bring another round of wind and precipitation to the Northeast, CNN reported. The National Weather Service issued winter storm watches for much of eastern New England, including Boston, for Monday night through Tuesday, the Weather Channel reported. Snow and winds were predicted to intensify off the East Coast and affect the mid-Atlantic

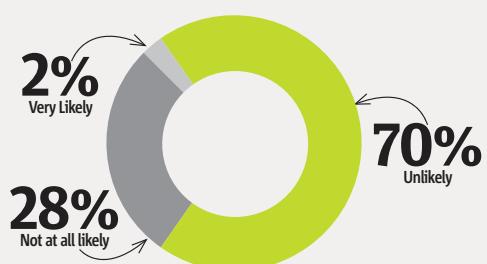
region on Monday night before the largest chance of snow arrived on Tuesday, bringing accumulation to parts of eastern New England, the NYC area and Long Island. As residents deal with power outages from last Wednesday's nor'easter, the new weather system could tally as much as 8 inches of snow in eastern New England, the Boston Globe reported, adding that the snowfall could last until about 11 p.m. on Tuesday. **JASON NUCKOLS**



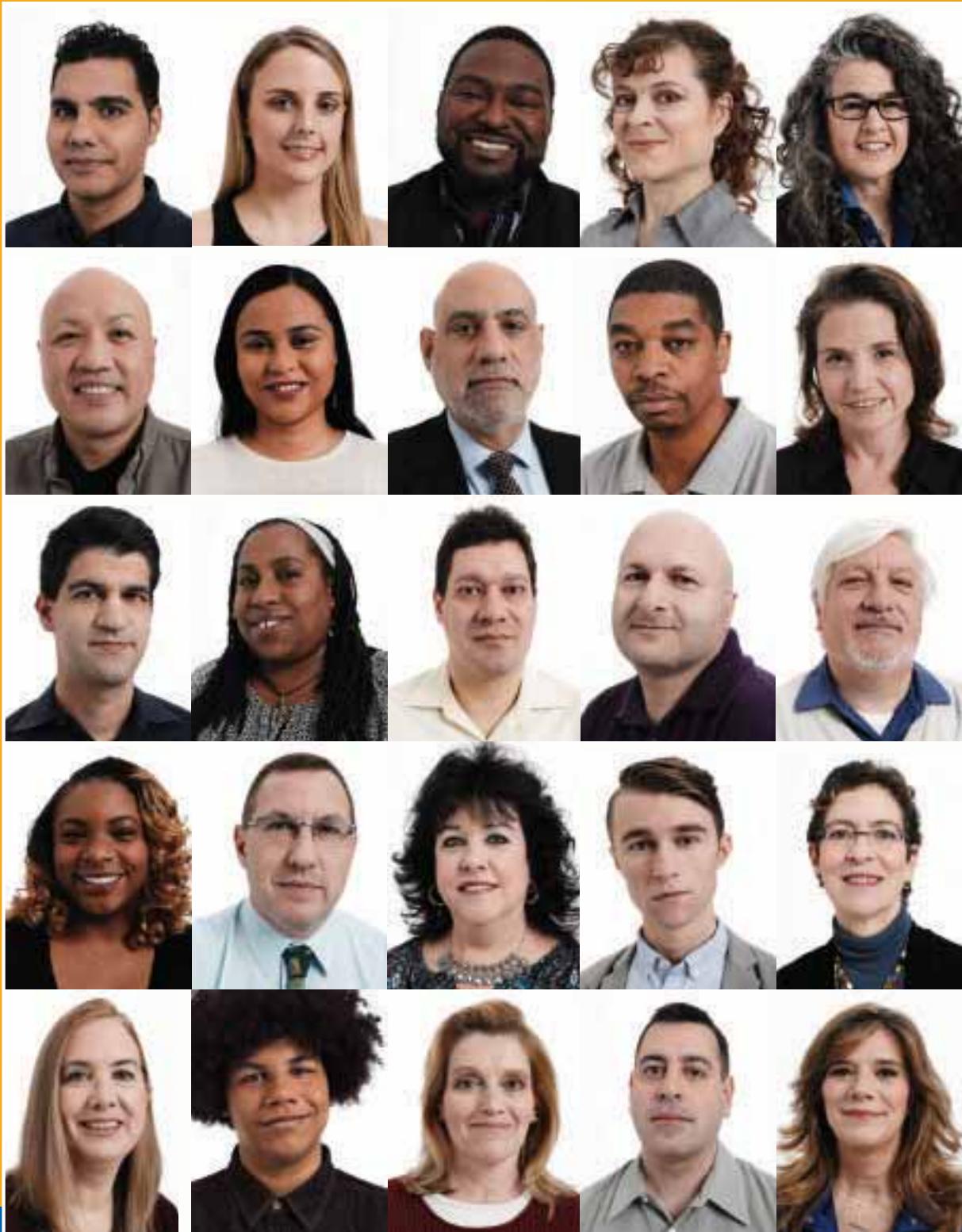
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## US-RUSSIA RELATIONS

Over the next few years, how likely is it that the United States and Russia will return to a 1950s-like Cold War relationship?



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# How eight geniuses want to modernize New York City's aged subway system

"People from around the world delivered groundbreaking solutions that truly represent a new wave of innovation for the MTA," Chairman Joe Lhota said.



NIKKI M. MASCALI  
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Last summer, in the middle of a year that saw endless service issues and the eventual state of emergency declaration for New York City's aged subway system, the MTA looked to great minds across the globe for solutions to bring the 114-year-old subway into the 21st century and increase its capacity and reliability.

On Friday, the agency announced the eight win-

ners that were chosen from 438 submissions for its Genius Transit Challenge, including two who will invest their cash prize into making their ideas a reality. Applicants were tasked with finding solutions for signals, subway cars and communication.

To tackle the signal problems that beleaguer city straphangers on a near-daily basis, two separate applicants, transportation engineer Robert James and railroad equipment supplier Metrom Rail, won for proposing to use ultra-wideband wireless technology, which would eliminate costly and cumbersome equipment and give down-to-centimeters accuracy. Both received \$250,000. Ansaldo STS and Thales Group also both won \$250,000 for their separate suggestions to use onboard sensors and cameras for train positioning,



The MTA has announced the winners of its Genius Transit Challenge, including two who will reinvest their cash prize into making their ideas a reality. GETTY IMAGES

also removing the need for other equipment.

Three separate applicants landed \$330,000 each for their proposals to rapidly deploy modernized trains, which can take at least three years to build.

CRRC, the world's largest train builder, gave \$50

dures to fit extra cars in stations. Transit IT provider CSinTrans proposed a software platform to transmit car diagnostic data to engineers for faster maintenance and near real-time info for both the MTA and straphangers.

To address the communications challenge, Bechtel Innovation proposed using a semi-robotic system to install tunnel communications and control infrastructure and will reinvest its \$500,000 award to an internal group that will help the MTA develop the robotic system.

"People from around the world delivered groundbreaking solutions that truly represent a new wave of innovation for the MTA, and we are more excited than ever about the future of New York subways," Chairman Joe Lhota said.

With just weeks re-

maining until the state budget is due, John Raskin, executive director of Riders Alliance, said that the Genius Transit Challenge could "provide ideas to help fix the subway, but it's not a substitute for a comprehensive plan to fund and fix our transit system. The reality is our transit system remains in crisis and Gov. Andrew Cuomo, who runs the MTA, has yet to present a long-term plan to modernize the subway or to enact a revenue source to pay for it."

Raskin cited recent recommendations from Fix NYC as a "fair and sustainable way to pay for the new technology the MTA so desperately needs."

"The hardest question to answer is not how to make transit reliable — it's whether Gov. Cuomo is willing to take the lead and make it happen," he added.

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# Affordable Housing for Rent

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This building is being constructed through the Inclusionary Housing Program and is anticipated to receive a 421a Tax Exemption of the New York City Department of Housing Preservation and Development and The Low Income Housing Tax Credit Program (LIHTC) and Tax-Exempt Bond Financing of the New York State Homes and Community Renewal.

<b>Who Should Apply?</b>	Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.	<ul style="list-style-type: none"> <li>A percentage of units is set aside for applicants with disabilities:           <ul style="list-style-type: none"> <li>o Mobility (5%) o Vision/Hearing (2%)</li> </ul> </li> <li>Preference for a percentage of units goes to:           <ul style="list-style-type: none"> <li>o Residents of <b>Queens Community Board 1</b> (50%)* o Municipal employees (5%)</li> </ul> </li> </ul> <p>*Up to half of CB preference units may be allocated through referrals of applicants from city agencies</p>
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## AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size	60% AREA MEDIAN INCOME (AMI) UNITS	Monthly Rent <sup>1</sup>	Units Available		Household Size <sup>2</sup>	Annual Household Income <sup>3</sup>		
						Minimum – Maximum <sup>4</sup>		
Studio		\$947	6	→	1 person	\$34,355	\$40,080	
		\$1,017	50		1 person	\$36,823	\$40,080	
					2 people	\$36,823	\$45,840	
1 bedroom		\$1,230	24	→	2 people	\$44,160	\$45,840	
					3 people	\$44,160	\$51,540	
					4 people	\$44,160	\$57,240	
2 bedroom		\$1,414	1	→	3 people	\$51,018	\$51,540	
					4 people	\$51,018	\$57,240	
					5 people	\$51,018	\$61,860	
3 bedroom		\$1,414	1	→	6 people	\$51,018	\$66,420	

<sup>1</sup> Rent includes gas for cooking.

<sup>2</sup> Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

<sup>3</sup> Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

<sup>4</sup> Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

### How Do You Apply?

Apply online or through mail. To apply online, please go to [nyc.gov/housingconnect](http://nyc.gov/housingconnect). To request an application by mail, send a self-addressed envelope to: **26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

### When is the Deadline?

Applications must be postmarked or submitted online no later than **May 7, 2018**. Late applications will not be considered.

### What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

### Español

Presente una solicitud en línea en [nyc.gov/housingconnect](http://nyc.gov/housingconnect). Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **7 de mayo 2018**.

### 简体中文

访问 [nyc.gov/housingconnect](http://nyc.gov/housingconnect) 在线申请。如要获取本广告及书面申请表的简体中文版, 请将您的回邮信封寄送至: **26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**。信封背面请用英语注明 "CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请2018年5月7日。

### Русский

Чтобы подать заявление через интернет, зайдите на сайт: [nyc.gov/housingconnect](http://nyc.gov/housingconnect). Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **7 мая 2018**.

### 한국어

[nyc.gov/housingconnect](http://nyc.gov/housingconnect)에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 봉투를 **26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2018년 5월 7일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

### Kreyòl Ayisyen

Aplike sou entènèt sou sitwèb [nyc.gov/housingconnect](http://nyc.gov/housingconnect). Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **me 7, 2018**.

### العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني [nyc.gov/housingconnect](http://nyc.gov/housingconnect). للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي, أرسل مظروف يحمل اسمك وعنوانك إلى: **26-01 1st Street c/o The Wavecrest Management Team, 87-14 116TH Street Richmond Hill NY 11418**. على الجهة الخلفية للمظروف, اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلب عن طريق الإنترنت أو ختمها بختم البريد قبل 7 مايو، 2018.

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**HPD Commissioner Maria Torres-Springer**  
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This photo shows a couple at home lit by warm interior LED lights in the evening, helping them wind down without the precipitous daylight shift that can cause psychological symptoms often associated with daylight saving time. COURTESY OF LUMILEDS

## Beat the daylight saving time blues by managing your light exposure

The sudden adjustment setting your clocks forward an hour can have catastrophic effects on your health, including fatigue, car crashes and even heart attacks.

 **SAM NEWHOUSE**  
 sam.newhouse@metro.us

Twice a year, in most of the U.S., Americans are forced to switch their clocks back and forth an hour due to the strange ritual known as daylight saving time, or DST.

And every year, twice a year, the clock-changing ritual of DST has been shown to have a detrimental effect on Americans across the country. The latest DST shift happened over the weekend, meaning millions of Americans today are still adjusting to "springing forward."

But while blaming DST is common for various issues, such as Seasonal Affective Disorder (SAD), Circadian rhythms expert and engineer Willem Sillevius Smitt, a senior director of strategic marketing at Lumileds, said people can avoid these problems by adjusting the brightness and colors of the lights they expose themselves to in the evening.

"When I look at how people report the impact of daylight saving, it mostly impacts how people sleep," said Smitt, an expert in "human-centric"

lighting. "Most of us go to bed way after 7 p.m., when it's already dark. So my conclusion was that the impact must come not so much from sunset and sunrise, but more from how we keep the lights on in the evening."

To help ease into the evening, Smitt recommends making sure the lights are warm and dimming the lights a bit as darkness falls.

"A lot of it is about common sense," he said. "The best thing you can do with light during the day is, if it's a bright and sunny day and the weather allows it, go outside for 10 to 20 minutes. It will actually help you get to sleep at night."

To help consumers adjust, Lumileds develops lights that dim based on the time of day, and shift from a starker, blue light during daytime to a softer, orange light at night.

"Human beings evolved with very bright light levels during the day

and very dark levels at night. ... If it's a nice day, we're under the blue sky. How we evolved during the night, if there was any light, it tended to be fire," Smitt said. "The technology that we developed has the ability to have a different color during the day and during the night, to match this light pattern that we evolved with."

But beyond just color, Smitt said Lumileds' technology is optimized to spectral output that best resembles natural light and has the most beneficial effect on human test subjects.

"In the evening, you want to limit and especially wind down the light levels as the melatonin [the natural hormone associated with sleep onset] starts to come up a little bit," he said. "This is why winding down is so important if you want to have a good night's sleep, [which] really helps to feel good, to be active, and have a good mood."

### Origins of a ritual

Daylight saving time (DST) was officially enacted nationwide in 1966, purportedly to give farmers extra hours of daylight, although many pointed out that farmers just wake up when the sun rises. In fact, in Indiana, agricultural regions refuse to participate, precisely because DST makes farmers' lives harder. And the great states of Arizona and Hawaii permanently refuse to acknowledge DST.

Massachusetts recently convened a state commission to investigate the idea of ending

DST, which found there would be "positive benefits" with making the November clock-change permanent, but only if other states made the same change simultaneously, to prevent interstate confusion.

As of 2018, there are dozens of petitions on Change.org to end DST. The Standard Time movement says DST is causing chaos and must be ended. Organizers with the #LockTheClock movement urge anyone with anti-DST leanings to contact their state and local legislators.



## TRUMP'S AMERICA

# UNCAGED AND UNHINGED! IT'S NOW RE-ELECTION TIME!

Campaign Donald is uncaged again.

I know what you're thinking. You're thinking: When was he ever caged? Well, compared to the wild man who turned up over the weekend in Moon Township, Pennsylvania — yes, that's really the name — the character who's been seething in the White House looks downright presidential.

Get ready for Round 2.

The 2020 campaign is now officially up and running. Donald Trump just threw his MAGA hat in the ring and enthusiastically endorsed himself.

Better make that his KAG! hat. Every new campaign needs a new slogan, and this one, Trump revealed, is going to be "Keep America Great!" — exclamation point very much included. In Trump's self-congratulatory universe, he has now solved all those dreadful problems that had so bedeviled America. And if you don't believe it, you clearly aren't watching enough NRA-TV.

Who needs presidential when we have this?

A black congresswoman is "low IQ." NBC's Chuck Todd is a "sleepy son of a b—h." Fierce New York Times reporter Maggie Haberman is a "Hillary flunkie." Sen. Elizabeth Warren is — yawn, yawn — "Pocahontas." Drug dealers should be executed.

Including America's top pharmaceutical executives who've flooded the nation with highly addictive opioids? Trump didn't specify, any more than he specified how the new steel-and-aluminum tariffs will work, what he'll say to North Korean madman Kim Jung Un or when Mexico will pay for the wall. Don't bother me

ELLIS HENICAN

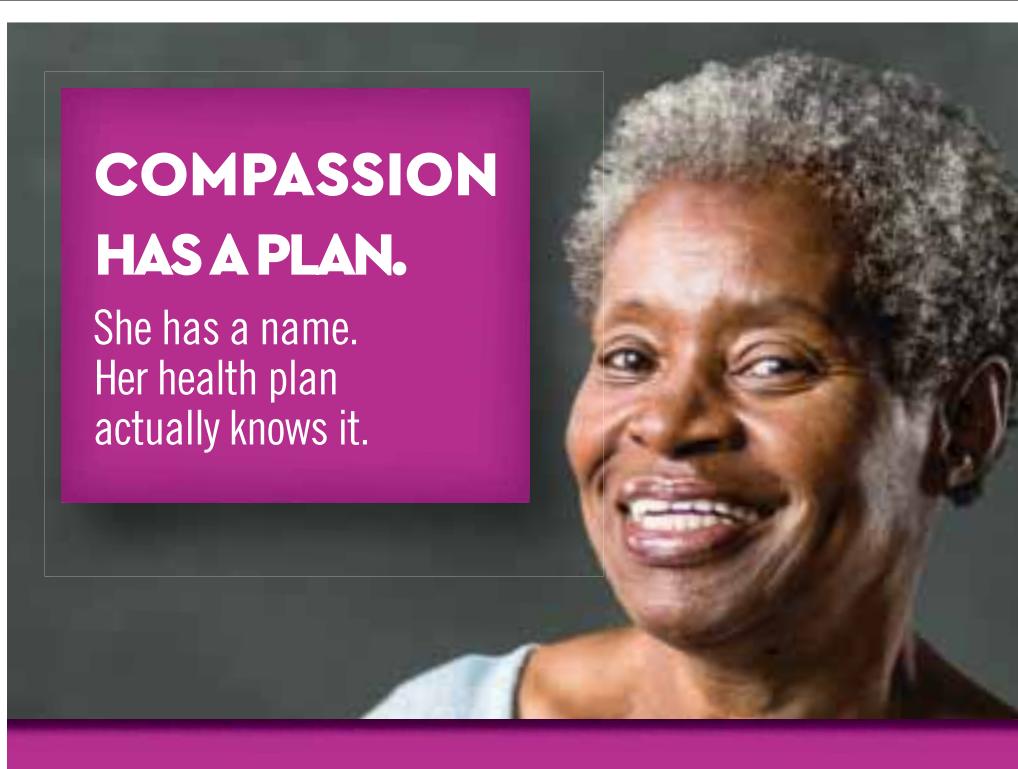
Analysis



Donald Trump addresses the audience at a presidential debate at Washington University in St. Louis, Missouri, in 2016. GETTY IMAGES

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# Why Knee Arthritis Sufferers Often Prefer the Newest Medical Procedure New York Doc's Merge Best of Both Worlds: 'All Natural' and 'All Metal'

*Fraction of the cost, minimal risk and little recovery time*  
**Hundreds of arthritis sufferers from tri-state area calling weekly to find out more**

By Matt Edgar

*America's Health Writer*

**New York City** - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the **NY Pain MD** in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at **NY Pain MD** because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly."

**What is the "correct treatment?"**

"That depends," said the director. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupple- cosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without *Precision Arthritis Targeting* (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without *Precision Arthritis Targeting Technology* and did not get good results - this may be why.



**Can This Be Avoided?** Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife



## Normal Pain-Free Knee Joint Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



## Knee With Painful Arthritis

### Pain -

Illustration shown is a knee joint with painful osteoarthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



## Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

### Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



## Lubrication Medicine Injected Directly Into Knee Joint Like "Joint Oil" using Precision Targeting Technology Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

# f Almost All Ages Are Choosing cedures Before Surgery of High Tech Medicine And Treatments

*little to no downtime amongst top reasons.*

*Find out if treatment is right for them...Often covered by insurance.*

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 1/2 years thousands of knee pain sufferers have flocked to the **NY Pain MD** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

## Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

## Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the rooster's head. It is extracted from the rooster's comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

## Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

## Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use **"Precision Arthritis Targeting Technology"**. This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time." noted the Director of Center



**Advanced Medical Technology Can Make All The Difference:** This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** used this P.A.T. Imaging Technology with each and every treatment.

**NY Pain MD** is a state of the art medical facility offering the best technology.

## And that's not all

*"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries."* added the director.

## How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

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**All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening."** The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

## And here's something really important -

Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any question:

**Call: 800 885 KNEE (5633)**

**Are You Qualified For Knee Arthritis Screening With  
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- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?

**If you answered yes to any of these questions**  
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your no obligation knee pain screening

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## Mother of Eric Garner and activists call for change to how NYPD disciplines officers

A report found that officers who commit offenses are not fired; now activists are calling for an investigation.



KRISTIN TOUSSAINT  
kristin.toussaint@metro.us

Advocates, elected officials and New Yorkers who say they've been harmed by the NYPD want to change the way officers are disciplined for their behavior.

A Buzzfeed News investigation revealed that hundreds of NYPD officers kept their jobs after committing offenses like lying to grand juries, stealing or assaulting residents.

That report prompted New Yorkers, including Eric Garner's mother and several council members, to gather at City Hall on Thursday to demand an



On Thursday, Gwen Carr, mother of Eric Garner, called for an investigation into how the NYPD disciplines officers.  CHANGETHENYPD/TWITTER

investigation by the mayor and NYPD Commissioner James O'Neill.

"This is dangerous because abusive officers disregarding their most fundamental oath to the public are being allowed to continue as officers," she continued. "All of this is being systematically hidden from the public."

The members of Communities United for Police Reform are calling on the city to fire all 300-plus officers mentioned in the Buzzfeed report.

## “I SAVED MY FATHER’S LIFE”

“I got trained in overdose prevention after I spent four years in the army. One night at home, my dad fell out of bed. He wasn’t breathing and he had turned blue. I knew he had used heroin before. I grabbed my naloxone and gave it to him. After a few minutes, he started breathing again. He came out of it. That was a life-changing moment for both of us.”

*~Brian, Queens*

**NALOXONE is an emergency medicine that prevents overdose death from prescription painkillers and heroin.**

To find out more about naloxone and where to get it, call **311** or visit [nyc.gov/health/naloxone](http://nyc.gov/health/naloxone). If you need help or referral to treatment, call **888-NYC-Well**.

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<input checked="" type="checkbox"/> Leg Pain	<input checked="" type="checkbox"/> Blood Clots
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\*not to be combined

## Pregnant mom who lost daughter in Park Slope crash 'healing,' family says

Tony-winning actress Ruthie Ann Miles is out of ICU after a driver struck her, her friend and their two young children, who were killed, last Monday.



NIKKI M. MASCALI  
[nikki.mascal@metro.us](mailto:nikki.mascal@metro.us)



Ruthie Ann Blumenstein, whose stage name is Ruthie Ann Miles, is "out of ICU and healing," and her unborn child unharmed after being hit by a driver who fatally struck her toddler daughter and another child. [GOFUNDME](#)

posted to her account said Thursday.

Blumenstein and her friend Lauren Lew were walking with their children, Abigail Blumenstein, 4, and 1-year-old Joshua Lew, Monday when Dorothy Bruns ran a red light at the intersection of Ninth Street and Fifth Avenue in Park Slope.

Bruns attempted to flee after striking the group and a nearby 46-year-old man, drag-

ging Joshua Lew's stroller down the block, but was detained by witnesses after crashing into several cars.

Bruns, whose license plate had been cited 12 times in the past two years for traffic violations that include four instances of running red lights, told first responders she had a medical condition and suffered a seizure, which caused her to accelerate through the red light.

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# An exercise pill that makes your body function like an elite athlete's is now in the works

Will 516 replace your workout schedule?

MEAGAN MORRIS  
letters@metro.us

There are a million benefits to working out, but would you give them up for an exercise pill? That's what scientists at the Salk Institute for Biological Studies in California are trying to do by developing a drug known as 516.

516 is designed to target those who can't exercise because of diseases or other physical conditions. According to Ronald Evans, director of the gene expression laboratory at the Salk Institute, 516 is intended to be "a backdoor into the exercise genetic network" that is activated when we work out.

"We are taking this concept and trying to develop a drug that can help us game the system that is naturally activated during exercise," Evans told The Washington Post.

Researchers have been working on the 516 exercise pill for more than a decade, and it's intended to help the body break down fat — and not carbohydrates — much like elite athletes do. The thought is that mimicking this chemical process through an exercise pill could create the same results without having to move a muscle.

But they're not working on it to fully turn us into a sedentary bunch. Instead, the goal is to help improve the physical head — and reduce muscle wasting — that happens when people can't exercise at all.



Researchers have been working on the 516 exercise pill for more than a decade, and it's intended to help the body break down fat. GETTY IMAGES

There are many reasons why people cannot run or walk or exercise," Evans told the newspaper. "If you can bring them a small molecule that can convey the benefits of training, you can really help a lot of people."

The FDA doesn't currently recognize the "inability to exercise" as a need for a drug, so approvals for 516 are a long way

off. To work around this, Evans and his team are specifically focusing on it for patients suffering from Duchenne muscular dystrophy.

"This [disease] afflicts kids who can't exercise and ultimately die of muscle wasting, often at a relatively early age, at 15 or 16," Evans says. "It's a disease with a large unmet medical need."

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- My toes aren't straight— they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoes I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
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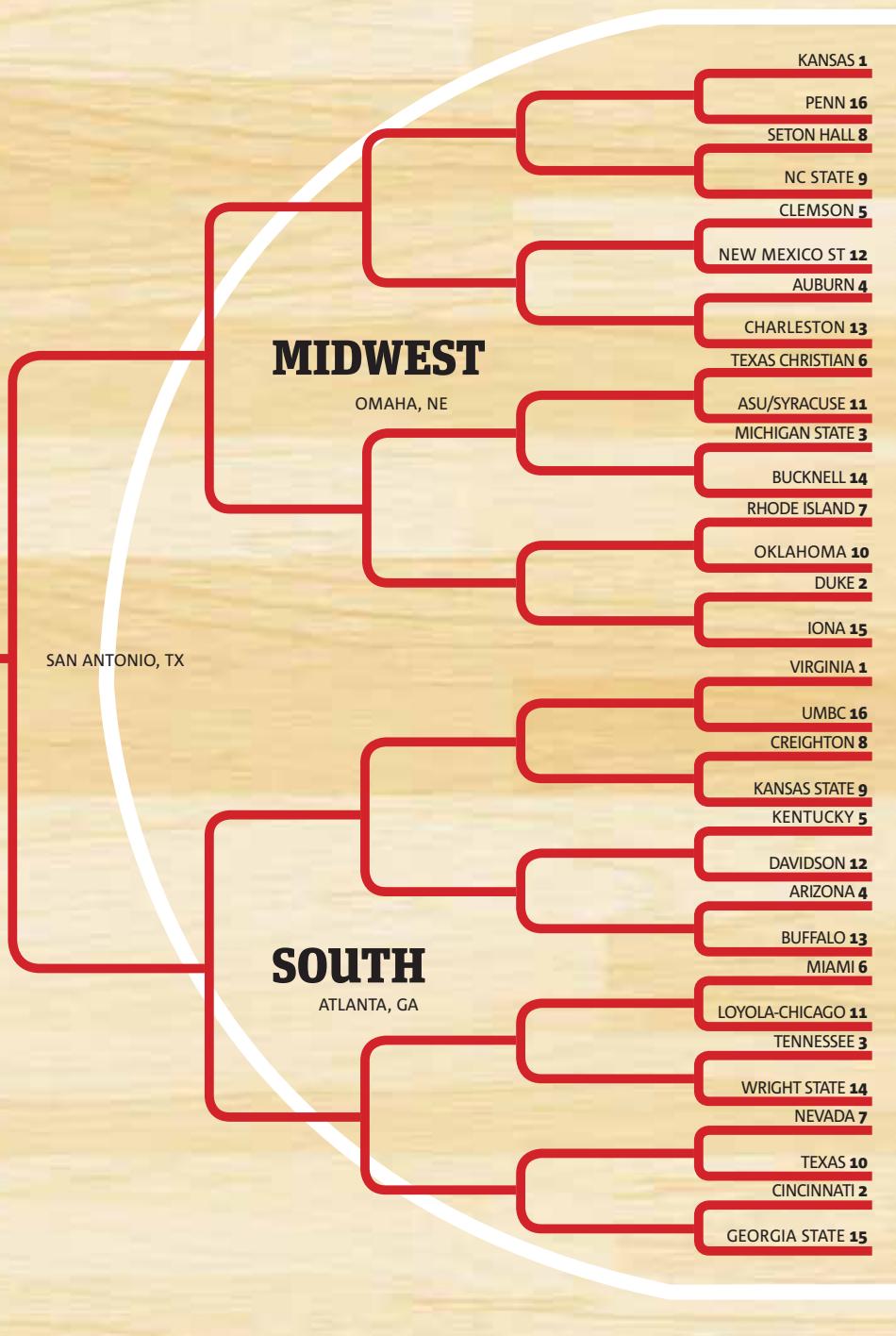
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# TV shows based on comics you can watch right now

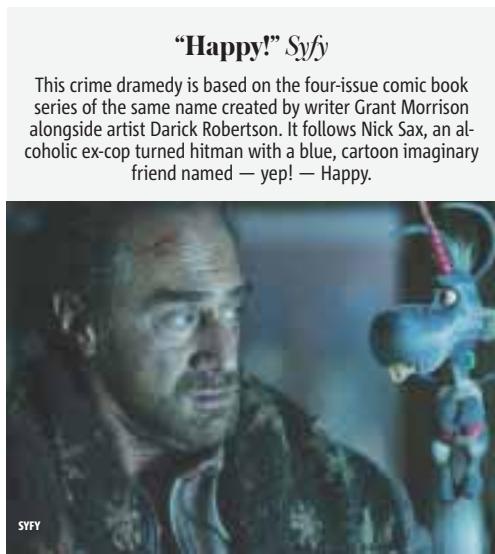
From troubled teens to the terrifying and dead, and loads in between. **RACHAEL VAUGHAN CLEMONS**

There's no denying it: comic book TV shows — aka television series based on comics — are still very much having a moment. And well, if it ain't broke, don't fix it.



## "The End of the F\*\*\*ing World" *Netflix*

Based on a graphic novel of the same name by Charles Forsman, "The End of the F\*\*\*ing World" follows teens James and Alyssa on a violent coming-of-age road trip. Its television version, released on Netflix earlier this year, was met with critical acclaim and for good reason: It's a magnetic, utterly watchable eight episodes.



## "Happy!" *Syfy*

This crime dramedy is based on the four-issue comic book series of the same name created by writer Grant Morrison alongside artist Darick Robertson. It follows Nick Sax, an alcoholic ex-cop turned hitman with a blue, cartoon imaginary friend named — yep! — Happy.



## "iZombie" *CW*

This series is loosely based on a comic book of the same name published by DC Comics under their Vertigo imprint, and created by Chris Roberson and Michael Allred. The TV version follows Liv Moore, a recently turned zombie, who uses her abilities to help solve crimes.



## "Marvel's Jessica Jones" *Netflix*

Our favorite Netflix crimefighter lives in the same universe as Luke Cage, Daredevil and, ugh, Iron Fist. Based on the Marvel character, the small screen Jessica Jones is a hard-drinking P.I. with superstrength to spare.



## "Legends of Tomorrow" *CW*

This one is based off of characters from DC Comics, too, and features a ragtag group of superheroes — from Hawkman to Heat Wave — banding together to save time itself.

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### "Marvel's Iron Fist" Netflix

Danny Rand, the Iron Fist, is a martial arts expert with the ability to call upon the power of the Iron Fist. He's based on a Marvel character of the same name, too.

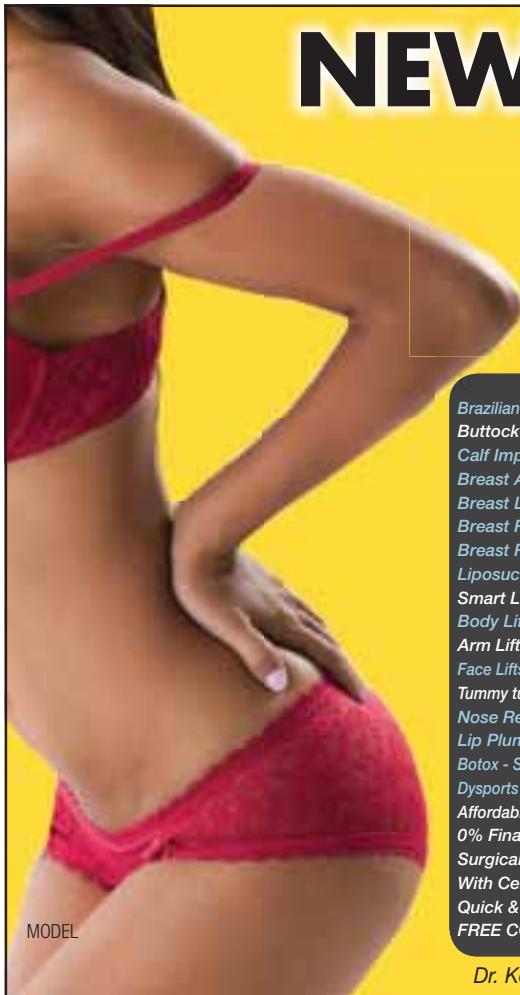


### "Gotham" Fox

This prequel of sorts features characters based on DC's Batman franchise and focuses on James Gordon's early days with the Gotham City Police Department before including the origin stories of tons of Batman villains, from Penguin to Ra's al Ghul.

### "Fear the Walking Dead" AMC

The postapocalyptic horror drama, created by Robert Kirkman and Dave Erickson, serves as both a companion series and prequel to "The Walking Dead" — just in case you found all that zombie gore strangely familiar.



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# The system is broke (*that's why you are, too*)

Income inequality doesn't start and end with your education, or lack thereof. It's a much bigger issue worth looking at through the lens of ... Facebook?



PAT KING  
patrick.king@metro.us

It would be easy for any top executive of a Fortune 500 company to take advantage of the way our economy favors the ultra rich. But Facebook co-founder Chris Hughes believes that the issue of income inequality in our country is one that needs to be addressed by those who benefit from this "rigged system" the most.

With his new book, "Fair Shot," Hughes makes no bones about how both he and his peers need to be proactive in spreading awareness to the economic divide their



Chris Hughes, contemplating his tax bill following this announcement. GETTY IMAGES

businesses helped create in our country.

"I think frustration with the way our economy is working has been building for decades," he explains. "Social media might make it possible for people to talk about it and organize but I think the trend is much bigger. I think the same forces that have given rise to Facebook, Google, Amazon and so many of these internet companies are

the same ones that are making it harder for everyone else to make ends meet. I think the leaders of those companies have the responsibility to talk about that more."

#### But how's Facebook going to solve income inequality?

Hughes has been crusading on the issue of income inequality for a while now, and feels as though the solution is

right under our noses. He's proposing a plan to give all working Americans who make \$50,000 or less each year a check for \$500 to help alleviate (some) financial woes.

By taxing the top one percenters (like himself) a percentage of the money they make over \$250,000 a year, Hughes believes this program will have no trouble finding funding.

"Sometimes the best solution is the simplest,"

be able to take 20 million people out of poverty overnight.

#### You've got my vote!

With all of this talk, it kind of sounds like Chris Hughes might be running for Congress? Metro asked him about it he shrugged it off with a laugh. "No, no, no! that is not in my future," he said, adding, "I do feel strongly about the issue of income inequality, however, and I do want other people across the board, either one percenters or other people having a hard time making ends meet, to be excited."

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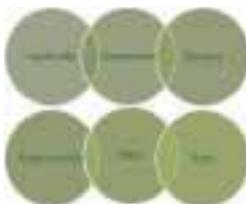


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# Get a job without even having a résumé

All it takes is an online search and a couple lattes.



PAT KING

patrick.king@metro.us

With so many job board sites available, it's hard to stand out to employers from the thousands of résumés that come pouring in every day. They need to get a good sense of who you are, and not the list of accomplishments bulleted on your CV. Here are some of the best ways to apply for a job without a résumé.

**Go after what you want**  
According to wildly successful entrepreneur Scott Petinga, being direct and putting your neck on the line will get you the attention of an employer in a more meaningful way than blindly sending your résumé. If there's a position online that looks



A coffee can get you in the door. iSTOCK

like it could be your dream job, you should be DMing that employer through LinkedIn — and even Facebook and Twitter — to see if you can set up a chat.

"There've been people who have reached out to me when I didn't

think we had an open position," says Petinga. "I've hired people purely because they sat across the table from me, had a cup of coffee and knocked my socks off."

And once you have set up this meeting, you should ...

**Be as genuine as possible**  
Employers just want to see that you're trustworthy, and, well, a person cool enough that they'd want to work with all day. By meeting for coffee to talk about the position and other things that are meaning-

ful in your life, you can apply to a job without a résumé and leave a connection that could get your foot in the door.

"You can almost think of a résumé now as a social media post," says Petinga. "It's an idealized version of yourself. Meaning: it's pure bulls---. I like people who are brutally honest. I love when I ask people 'what is your greatest accomplishment to date?' A lot of times I don't want to hear about work. Authenticity is huge in those situations. Don't tell me what you think I want to hear. Be true to yourself."

Ultimately, Petinga views hiring someone like welcoming a new friend into his inner circle. So to stand out, find the most creative way to apply for a job without a résumé.

"We rarely ever post [openings]," explains Petinga of his own companies. "I don't want every individual who thinks

they are capable to send me a résumé when I'm not going to read them. It's just a waste of everybody's time. We are always looking for people. It's more of a needle in the haystack situation, really. You can never have too much talent. But I'm one of those believers that thinks I'm not the smartest person in the room and I have to surround myself with those people."

## Bottom line?

Become an ethical stalker of companies you want to work for, and the powers-that-be at those companies.

It could be the bakery across the street or a job at a big corporate outfit — DM, tweet or just show up at the office with a uniquely-you invite for a cup of joe. No one is reading the résumé you either don't have or haven't polished up that's been sent into the ether. Personal connection is key.



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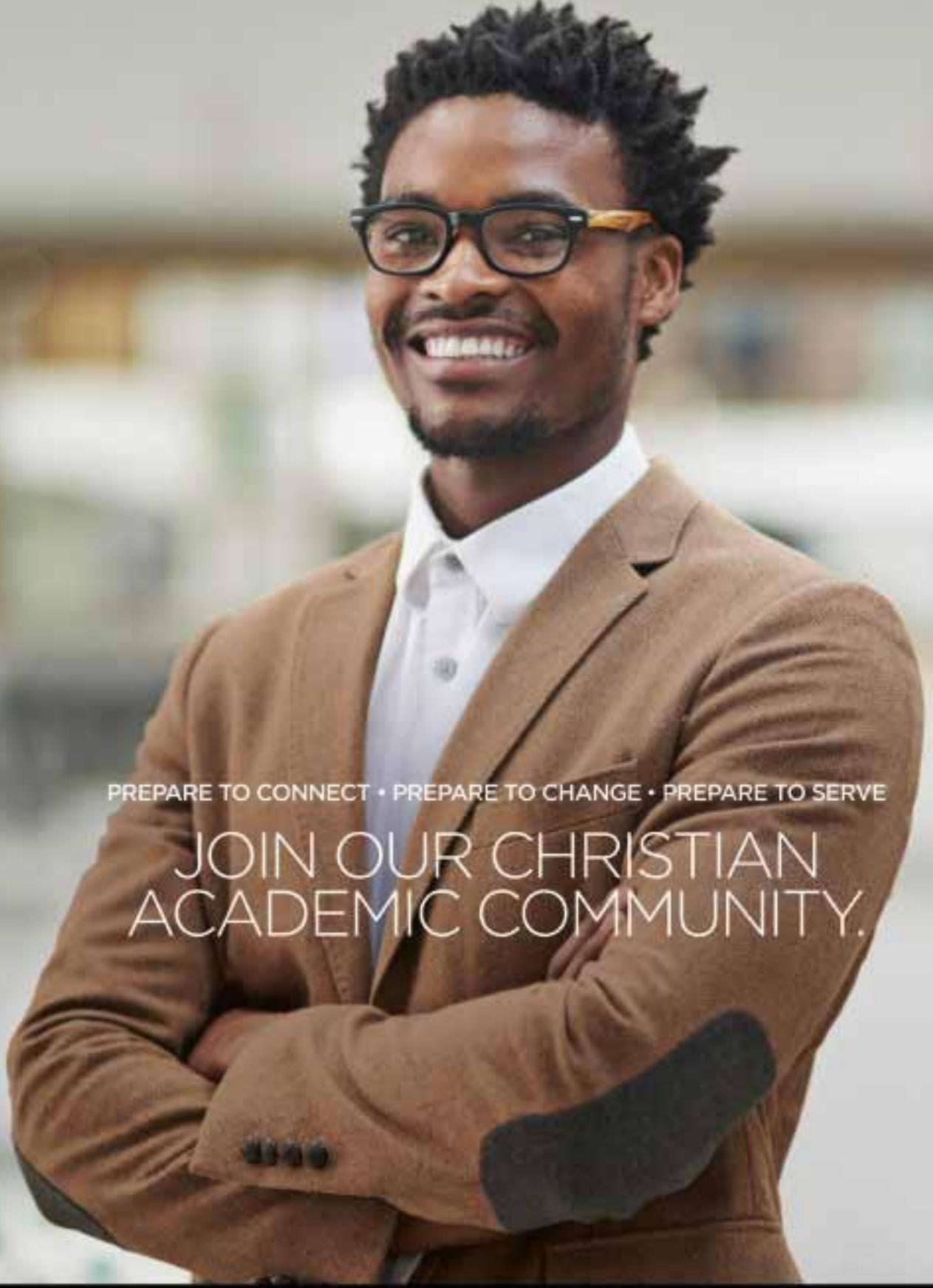
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# March Madness 2018: A look at all four regions

Who are the best players, best upset picks, best teams in the 2018 NCAA Tournament bracket?



EVAN MACY  
[evan.macy@metro.us](mailto:evan.macy@metro.us)

The bracket for the 2018 NCAA men's basketball tournament was unveiled Sunday evening, not long after a ferocious comeback by UPenn, beating Harvard to make its first NCAA Tournament bid in 11 years, clinched the final at-large bid.

The four No. 1 seeds were no surprise, with Villanova the overall top seed, Villanova, Kansas and Xavier rounding out the favorites.

As for the rest of the slate? Here's a brief look at what you need to know about each of the four regions before things tip off later this week:

## East Region

**Best first-round matchup:** Want to see an offensive explosion? Tune in Friday to watch No. 8 Virginia Tech play No. 9 Alabama. Collin Sexton nearly single-handedly lifted the Crimson Tide to an NCAA Tournament berth and the Hokies have been one of the more upset-minded teams all season long. VT has beaten Virginia, Duke, Clemson and UNC this season and might make a deep tournament run.

**Best player:** Jalen Brunson, PG, Villanova — The likely player of the year, Brunson plays like an NBA point guard. He doesn't turn the ball over, plays suffocating defense and takes smart shots. He will have the Wildcats looking for another title this postseason.

**Best upset pick:** Villanova has had a lot of trouble with No. 10 Butler, which will take its Big East toughness to its battle against No. 7 Arkansas. This could go either way but is a good upset pick.

## South Region

Best first-round match-



Each of the last few times Villanova has won the Big East Tournament they have not made it past the Sweet 16. ALL PHOTOS GETTY IMAGES

**up:** Not the Kentucky of old, this year's squad lands a No. 5 seed and will have its hands full with the red-hot 12th seeded Davidson, fresh off their upset win in the A-10 tournament besting Rhode Island.

**Best player:** Deandre Ayton, C, Arizona — He's vying to be the top pick in the NBA draft and he's got a great chance of fueling his Wildcats to a deep tournament run. He plays on both sides of the ball and his 7-foot-5 wingspan will make things tough for any opposition.

**Best upset pick:** The Ramblers from Loyola-Chicago won it all 55 years ago, and have been dominant in their conference. They will have a tough test against No. 6 Miami as an 11-seed, but as any avid tournament watcher knows well, there is always an 11 that advances.

This could be the best bet for that upset and Miami is coming off a crushing near 30-point loss to UNC in the ACC tournament. The Ramblers smell blood.

## Midwest Region

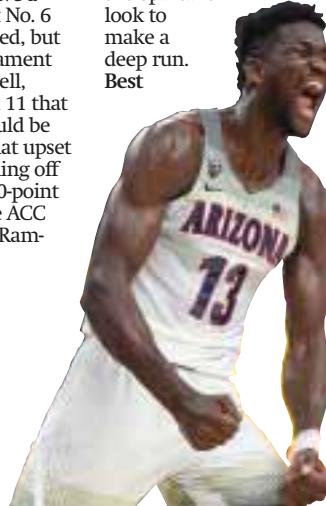
**Best first-round matchup:** Kansas will be heavily favored, and will face the

revitalized UPenn squad as the 16th seed in the first round. Pennsylvania deserves better, and will more than likely falter to the top-seeded Jayhawks. But this has the potential to be one of the better 1-vs-16 match ups we've ever had. There has never been an upset in a 1-16 game, and this one probably won't change that, but it is the best chance for a true Cinderella story.

**Best player:** Miles Bridges, F, Michigan St. — Another player likely to be drafted in the NBA lottery, Bridges averages 16.9 points and 6.9 rebounds per game. He is a vocal lead on the floor and will be a valuable winger as the Spartans

look to make a deep run.

**Best**



**upset pick:** We like the College of Charleston, ranked as the 13-seed to beat No. 4 Auburn in the SEC — a conference lacking in great basketball lately. The Cougars have three players who score 17 or more points per game.

## West Region

**Best first-round matchup:** The Cougars from Houston are the 6-seed out west and will have a tough time against the 11th seeded San Diego State Aztecs. Their entire starting line up averages in double figures and Houston has struggled at times in the lackluster American conference.

**Best player:** Miles Bridges, F, Michigan St. — Another player likely to be drafted in the NBA lottery, Bridges averages 16.9 points and 6.9 rebounds per game. He is a vocal lead on the floor and will be a valuable winger as the Spartans

look to make a deep run.

**Best**

**Best player:** Michael Porter Jr., F, Missouri — Back from injury just in time for the conference tournament, Porter is another lottery pick will be worth watching over the next two weeks. How healthy he can be next week when Missouri faces Florida State in the first round will determine how far the Tigers can go.

**Best upset pick:** Providence is the 10 seed but has the credentials of a true contender. They have defeated the No. 2 overall seed Villanova, and took them to overtime in the Big East championship game nearly upsetting them for a second time.

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Across

1 Russo or Magritte  
5 Hindu deity  
10 Big party  
14 Islamic title of honor  
15 Tiny specks  
16 Mountains or river  
17 Pulpit  
18 Gives credit  
19 Pleasant  
20 Caught with a long rope  
22 Metro  
24 Quaint hotels  
25 Flightless bird  
26 Pious  
29 Short verse  
33 Signs of the future  
34 Lake swimmer  
35 Doc Holliday's friend  
37 Cut timber  
38 Imitating  
39 Mai – (rum drink)  
40 LAX guesses  
42 Soak up the sun  
43 Put in office  
45 Give for safekeeping  
47 More than enough  
48 Play part  
49 R2-D2's owner  
50 Japanese mat  
53 Granted  
57 Feliciano or Ferrer  
58 Land ruled by Cleopatra

# metro.us /games

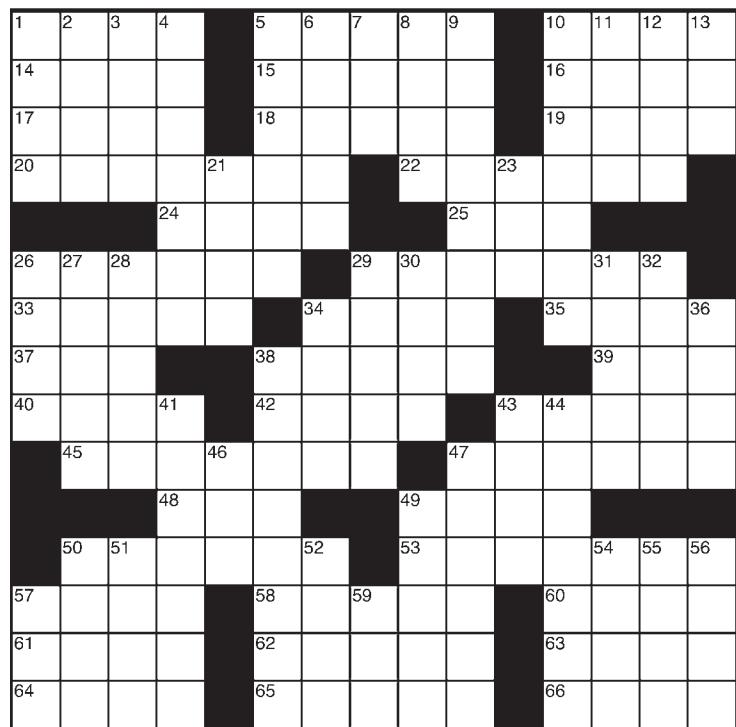
60 Pantyhose color  
61 Historical novelist Jean –  
62 Rope's slipknot  
63 Long-active volcano  
64 Make like a mule  
65 More loyal  
66 Meg – of "Sleepless in  
Seattle"

DOWN

1 Not bogus  
2 Jane Austen novel  
3 Pen points  
4 Gully maker  
5 Completely still  
6 Engine covers  
7 Call -- day  
8 Delivery trucks  
9 Taking for granted  
10 Hull edge  
11 Opera tune

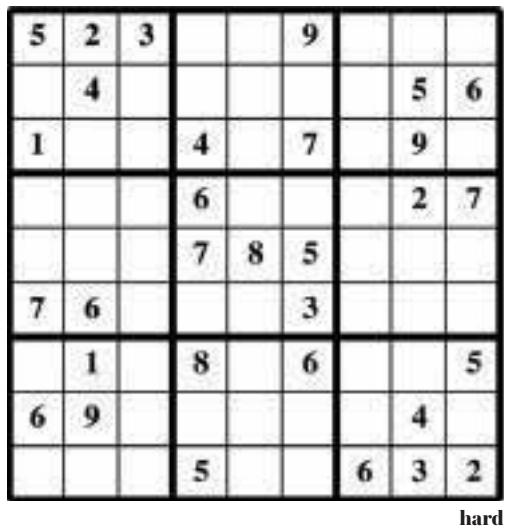
12 Frilly  
13 Yeasty brew  
21 Disagreeable task  
23 Strut along  
26 Give out sparingly  
27 Ham it up  
28 Meat avoider  
29 Distort the meaning of  
30 Standing  
31 Consumed  
32 Stretch of land  
34 Mineral springs  
36 Crying shame  
38 Bridge support  
41 Majestic  
43 Film director -- Kazan  
44 Pupil  
46 Electronics mfr.  
47 Some tableware  
49 Slip back  
50 Sightseeing trip  
51 Not in harbor  
52 Russian epic hero  
54 Moral obligation  
55 Millay or Ferber  
56 Senior member  
57 Punch  
59 Me opposite

## metro.us/crossword



## metro.us/sudoku

easy



hard



## metro.us/horoscopes

**Aries** Take hold of what's important to you, even if someone plays an emotional mind game with you. Letting someone limit what you can do will set you back.



**Taurus** Get involved in a project or make the effort to learn something new. The encounter you have with someone you meet will change your life. Participate and reciprocate.



**Gemini** Don't be too trusting. You have plenty to offer, and your enthusiasm will be appreciated. Someone is likely to twist your words or take credit for your ideas.



**Cancer** Look for the positive in every situation. Use your intuition to help you understand why you are faced with opposition so you can find a way to compromise.



**Leo** Think about the way you present yourself or the way you deal with co-workers, friends and family. Be open and receptive to change.



**Virgo** Participate in something that's within your budget to bring you closer to the people you care about most. Spend time with kids, parents or a friend in need.



### Yesterday's answers

MOLT	ALTAR	PULP
UHUH	MOOLA	EMIR
GILA	BASIC	APSE
SOLICITS	KANSAS	
LATH	BEAU	
ASSAY	BATH	UBS
OMENS	TONYS	LIL
REND	YUK	OTTO
TAO	BAITS	AIRES
ARRAIGNS	SLASH	
BLOG	AWES	
POLLEN	SNEAKERS	
OBIE	IMAGE	IVAN
MOPS	ZONED	NINA
PEST	EMERY	SLIP

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